

# Smart Nutrition Program to Promote Nutrition Security and Health through Personalized Nutrition and Digital Nutrition Literacy

Online

52.9%

Use of digital tools:

• 76% of participants connect

with health professionals at

least once or twice a month.

• 59% get grocery sales ads or

information on social media

flyers online

• 84% seek nutrition



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## What is our goal?

 Community collaboration to improve digital food and nutrition literacy among Windham's low-income adults and increase their access to healthy, affordable, and culturally acceptable foods.

## Potential needs and opportunities for collaboration

- USDA expanded SNAP online purchasing; eligible adults in Windham who ordered groceries online and budgeted their food dollars had healthier diets.
- In-depth interviews with Windham stakeholders & low-income adults support need/desire for improved digital literacy coupled with community actions to improve healthy food access.
- We have mapped <u>Windham.Life</u> for real-time access online.
   Using this map requires digital literacy.

## **Mapping out next steps**

# Online survey to assess DFNL toward supporting greater access to healthy food. Identification of local DFNL tools and community expertise Refinement of Tailored DFNL program and evaluation tools

Develop the DFNL curriculum

Spring 2025

**Timeline:** 

# Intended audience

Community engagement and partnerships Low-income housings, food pantries, library, schools, and community organizations.

Implementation of the DFNL Program and Evaluation by intended audience and stakeholders



**Summer 2025** 

8-week pilot intervention



## **Preliminary Results**

 People who used more digital tools and technology reported making healthier food choices, and those with lower diet quality were less likely to engage in behaviors like meal planning.

Number of participants: 119

In Person

47.1%

Have WiFi at

76.5% Receive food

and nutrition assistance

Median age of: 38

### **Motivation:**

Half of them would like to ...

- Order groceries online
- Join a nutrition education program through a Facebook group
- Learn about personal data safety

# What is the long-term impact?

- Improve diet quality and reduce chronic disease risk in lowincome adults through personalized nutrition education and digital tools.
- DFNL program that could be implemented feasibly by community agencies.



